Unit 24: Health Psychology – Case Study

Case study: Ahmed

Ahmed is 26 years old and has suffered from chronic back pain since he fell from a ladder whilst repairing a window frame as part of his job. Ahmed is now in constant pain which means that he cannot continue in his job.

The family doctor has prescribed pain relief in the form of tablets but Ahmed does not like to take them, as he is afraid of developing an addiction. The pain makes Ahmed irritable and the lack of income causes him a lot of stress. His doctor has also suggested using acupuncture, but Ahmed feels that this could be dangerous. His doctor has assured Ahmed that it is not dangerous, but Ahmed has said that he would rather keep his pain than have needles inserted into his back.

The doctor has also prescribed pain relief patches, but Ahmed has researched the internet and found that some people have suffered unpleasant side effects and therefore will not use the patches.

Because the pain is made worse by movement, Ahmed remains seated for much of the day, resulting in reduced mobility and weight gain.

Ahmed cannot pay his rent due to the loss of income and his landlord is threatening to evict him. He has disturbed sleep patterns due to the pain of moving in his bed and also his financial worries.

The doctor has now referred Ahmed to an orthopaedic consultant who has suggested a series of exercises. Ahmed is considering consulting a chiropractor but this would be expensive.